BICESTER
ATHLETIC CLUB

Founded 1982
www.bicesterac.co.uk

Bicester Athletic Club
HEALTH AND SAFETY POLICY

HEALTH AND SAFETY POLICY STATEMENT:

Bicester Athletic Club (BAC) is strongly committed to encouraging our members to take part, but the health, well-being and safety of each individual is always our paramount concern. We recommend levels of training dependent on age and ability and expect our junior athletes to participate within these boundaries.

1. HEALTH AND SAFETY POLICY:

To support our Health and Safety policy statement we are committed to the following duties:

- Undertake regular, recorded risk assessment of the club premises and all activities undertaken by the club.
- Create a safe environment by putting health and safety measures in place as identified by the assessment.
- Ensure that all members are given the appropriate level of training and opportunity to participate in competition by regularly assessing individual ability dependant on age, maturity and development.
- Ensure that all members are aware of, understand and follow the club's health and safety policy.
- Appoint a competent club member to assist with health and safety responsibilities.
- Ensure that normal operating procedures and emergency operating procedures are in place and known by all members.
- Always provide access to adequate first aid facilities and qualified first aider.
- Report any injuries or accidents sustained during any club activity or whilst on the club premises.
- Ensure that the implementation of the policy is reviewed regularly and monitored for effectiveness.
- Ensure insurance is taken out to provide third party accident and injury insurance for those involved in its activities.

- **AS A CLUB MEMBER YOU HAVE A DUTY TO:**

- Take reasonable care for your own health and safety and that of others who may be affected by what you do or not do.
- Cooperate with the club on health and safety issues.
- Correctly use all equipment provided by the club.
- Not interfere with or misuse anything provided for your health, safety or welfare.

2. REPORTING ACCIDENTS AND NEAR MISSES:

- All accidents and dangerous incidents must be reported at the time to the person in charge e.g. meeting manager, coach etc.

- Members are also encouraged to report incidents and situations that could have led to accidents so that preventive action may be taken to avoid repetition (near misses).

All accidents and incidents that have or could have resulted in injury must be reported using the clubs online reporting from at
https://www.bicesterac.co.uk/bicester-ac-accident-and-incident-reporting-form/